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**Sent:** Monday, August 24, 2020 9:50 AM  
**To:** marty@osbmultiposport.com  
**Subject:** One Step Beyond Coaching Newsletter - May 2018



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**The Next Level Newsletter - May, 2018**

**Volume XV, Issue IV**

Dear Marty,

Our latest article is a continuation of the top down look at overall long distance race day organization and execution.

**2018 upcoming clinics:**

**Spots remain:** Saturday, June 02 - 3 hour open water swim clinic

July 07 - 3 hour open water swim clinic @ Harris Lake

August 11 - 3 hour open water swim clinic

September 22 - 3 hour open water swim clinic

October 20 - 6 hour Powerstroke freestyle swimming technique clinic

You can read all the details and sign up on the [OSB camps and clinics](#) page.

**Open water training sessions:**

We have updated the first half of the 2018 summer workout plan. You can [check that out here](#).

**2018 Lightning Squad youth triathlon team:**

We will also be hosting the Lightning Squad youth triathlon team in conjunction with Coach Brooks Doughtie of All Out Multisport. Spring and summer sessions with 2x a week coached practice sessions.

Summer session 10 weeks: Wednesday, July 22 through Sunday, September 30

You can view the details and [sign up here](#).

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## Long distance reminders and execution

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During your training build up to any long (2+hr) event, you should have a very specific idea of what you plan to do on race day.

### **Complete pacing plan - heart rate, power, perceived exertion, pace**

While you can get away with just going hard and hanging on in 5ks, a sprint triathlon, or a short-ish swim or bike race, this doesn't work for longer events. At the bare minimum, you should have an acceptable range of effort level from the get-go. For example, in a half-Ironman or 70.3, an intermediate level athlete should target a heart rate range of mid zone 2 to mid zone 3, or 75-80% of FTP on the bike. For an Ironman, the same level athlete should target a low-mid zone 2 HR or 65-70% of FTP on the bike, and mid-high zone 2 HR on the run. The middle of zone 2 is very steady/moderate.

### **Course knowledge and review**

I don't like showing up and having zero knowledge of the race course. At a minimum, review the course maps and elevation charts, and drive the bike course.

### **Strategic racing approach, if applicable**

Advanced athletes may employ some additional tactics involving drafting on the swim, accelerations to drop packs on the bike, or surging at key break points in the run. Effort outputs like this must be rehearsed in training. Surging at mile 15 of a marathon is great if you have the capacity to recover. It is a real piano on your back at mile 23 if not.

### **Nutrition breakdown by type, time, range of calories - a consult with a nutritionist is good here**

Winging it on the nutrition side in long events is not good, for lack of a better description. Way too many things can go wrong here beyond a bonk (glycogen depletion). Not only do you need a calorie per hour target, you need to make sure your body can handle that type of product(s) for 5+ hours. Some people have difficulty absorbing calories in during a run, so they need to front load the bike as well as possible.

### **Hydration plan**

Some amount of dehydration is unavoidable in most events. Minimizing that amount is critical, as performance drops off rapidly as dehydration increases. If it is warm/hot, you need to be ready to ingest more fluid than your cool training days. Making sure you can tolerate the product you are using is key, so some longer training days are necessary just to ensure this part of your plan will work.

### **Electrolyte plan**

You already know that water alone will not suffice in longer races. You also lose electrolytes. Athletes vary in this greatly. If you are a heavy/salty sweater, you'll have to do some serious planning, and then make sure you don't get off track on race day. I recommend a sweat test from a certified nutritionist/lab.

### **Caffeine plan, if applicable**

Caffeine provides a bit of mental stimulation and awareness, and a bit of a [performance enhancement](#). Consider using gels or products with caffeine in them. Rehearse your timing and total intake on long training days.

### **Mental strategies for adversity**

The human mind and body can tolerate a great amount of discomfort. Get comfortable being uncomfortable in training. Use visualization techniques to review both positive outcomes and potential adverse situations like a flat tire, GI issues, competitor psyche-outs, and other things that can crop up. Teach yourself to stay positive and motivated by staying positive and motivated on your challenging training days. :) [More here](#).

### **Total gear breakdown**

If you got this far, you know there's a million things you need handy. Make a check list and have this all done 1-2 days before race morning. Don't let a forgotten race belt or pair of sunglasses stress you out on race morning.

You can read more on our [articles page](#).

*Marty Gaal, CSCS, is the co-owner and head coach for One Step Beyond. He is a certified USA Triathlon coach. He keeps his easy days really easy.*

## **2018 OSB clinics**

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### **June 02, July 07, Aug 11, Sep 22 - Open water swim clinics**

Approximately 3 hours, and includes:

- lecture on open water racing and training specifics
- lecture on swim training structure and approach
- in-water review and practice of skills
- swim practice courses under supervision

### **October 20 - Powerstroke Freestyle technique swim clinic**

Approximately 6 hours, and includes

- lecture on intermediate-advanced swim technique
- lecture on swim training structure and approach
- swim practice and drills
- individual video taping
- in-class review

Please visit the [OSB camps and clinics](#) page for further details and to enroll!

## **Triangle Open Water Series 2018**

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Results are in for the Littler Uno, Little Uno and Big Deuce on May 13!

If you did not pick up your award, there are a few at Inside Out Sports in Cary.

**1.2 mile women**

1st - Kelly Mclughlin, 26:34  
2nd - Jennifer Strout, 28:24  
3rd - Elizabeth Kamai, 28:39  
Top Master - Louisa Raisbeck , 30:01

**1.2 mile men**

1st - Andy Farrell, 25:21  
2nd - David Allsopp, 25:33  
3rd - Whit Hughston, 26:09  
Top Master - Tom Mcgowan, 28:23

**2.4 mile women**

1st - Ashley Twichell, 48:13  
2nd - Emily Carpenter, 55:18  
3rd - Heidi Williams, 56:28  
Top Master - Laura Hanby, 58:18

**2.4 mile men**

1st - Will Soleo, 48:14  
2nd - Brandon Miller, 48:19  
3rd - Brian Bozarth, 50:30  
Top Master - Van Fletcher, 51:16

**1k men**

1st - Jason Strout, 14:43  
2nd - Eric Kaufman, 16:25  
3rd - Greg Holcombe, 18:10

**1k women**

1st - Tami Dorry, 18:16

2nd - Katie Cannon, 20:01  
3rd - Gillian Hadden, 21:15

You can view [all the results here](#).

**Our 2018 remaining dates are:**

Sunday, October 07 - The Triangle Championship Swim aka the Hurricane Swim

The water temperature should be around 70 degrees.

Have a great summer season!

Registration is now open on the [FS Series website](#).

We hope to see you in October!

*The Triangle Open Water Mile Swim Series is co-owned and directed by FS Series and One Step Beyond.*

### Recent OSB athlete results

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Colleen McCarthy PR and BQ at the Vermont City Marathon  
Joanne Piscitelli 2nd AG at Pinehurst International tri  
Lisa Hoff 1st AG at Stoked to Go Out 1.7 mile open ocean swim  
Tom Lehr 3rd AG and PR at Chattanooga 70.3  
Israel Bilbao PR at Chattanooga 70.3  
Paul Amisano stays tough at Chattanooga 70.3  
Kory Gray runs sub 18 5k at Intel 5k

Tom Lehr 1st OA at Beaverdam EmergeOrtho Sprint Tri  
Todd Smyre 1st AG at Beaverdam Olympic Tri  
Suzie Greengrass 1st AG at Beaverdam Olympic Tri  
Alisha Woodruff 2nd AG at Beaverdam Olympic Tri  
Tami Dorry 4th AG at Beaverdam Olympic Tri  
Alper Savas 2nd AG at Beaverdam Olympic Tri  
Vinicius Vivaldi 8th AG at Beaverdam Olympic Tri  
Marian Bergdolt 1st AG at Beaverdam EmergeOrtho Sprint Tri  
Coach Marty 2nd OA at Beaverdam EmergeOrtho Sprint Tri

Lisa Hoff 1st AG at the Big Deuce  
Stephany Dunstan 2nd AG at the Big Deuce  
Tom Lehr 3rd AG at the Big Deuce  
Paul Amisano 3rd AG the Little Uno  
Israel Bilbao 7th AG at the Little Uno  
Karen Crews 10th AG at the Little Uno  
Coach Bri 2nd AG at the Little Uno  
Tami Dorry 4th OA at the Half Uno

### OSB coaching programs

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# One Step Beyond multisport coaching

One Step Beyond offers customized individual endurance training programs to triathletes, runners, and swimmers throughout the year. Our most popular ongoing program is called [Basic Steps coaching](#).

If you want a great schedule but don't feel the need for extensive interaction during the training cycle, this is the plan for you. Our coaches will create a professional training plan designed around your specific goals and constraints, with adjustments along the way as needed. We use heart rate, power, and perceived exertion targets as appropriate.

Your coach will be available to you via email, text, and phone, which we check and respond to Monday thru Friday.

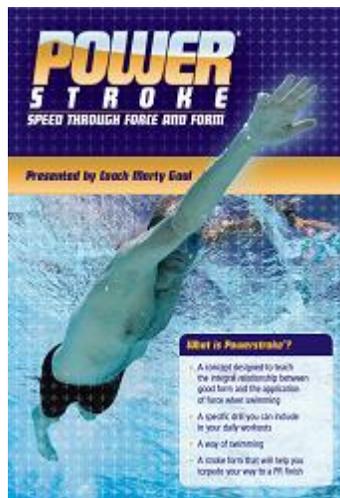
The initial interview is conducted by phone, and all ongoing coaching is accomplished through Training Peaks software, email and phone support. You will receive:

- Annual Training Plan
- A weekly schedule with specific daily workouts
- Weekly group training sessions
- Ongoing email support for all questions (client initiated)
- Ongoing phone support (<15 minute type conversations)
- Race day pacing and nutrition advice
- Necessary adjustments of your schedule
- Regular feedback from your coach
- 20% discount on additional personal training and consulting sessions
- A premium Trainingpeaks training account

## Powerstroke: Speed through force and form DVD

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Powerstroke® is Coach Marty Gaal's method for teaching competitive freestyle swimming technique to adult triathletes and open water racers. The Powerstroke® DVD was specifically developed for adult swimmers looking to improve their swim speed in triathlon, open water racing, and distance pool events.



Powerstroke® is:

- A concept designed to teach the integral relationship between good form and the application of force when swimming
- A specific drill you can include in your daily workouts
- A stroke form that will help you torpedo your way to a PR finish
- A way of swimming

The Powerstroke®: Speed through force and form DVD includes:

- 40 minute lecture: What is Powerstroke?
- 25 minute general freestyle swim technique analysis: The three types of freestyle stroke mechanics and how to progress to the strongest: High elbow catch / early vertical forearm
- 25 minute Powerstroke freestyle swimming technique in-depth explanation
- 1 hour of seven key drills and detailed descriptions
- 4 minute stretching and dryland exercise video

[Purchase your copy here!](#)

## Premade training plans

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OSB premade training programs are for athletes who would like to follow a well made training plan, but don't require ongoing coaching. These plans can be set so they can end on the day of your A race and include a free TrainingPeaks account.

One Step Beyond currently offers:

Beginner level 2 16 week Half-Ironman 70.3 Triathlon Training Plan - \$79.99

Intermediate 16 week Half-Ironman 70.3 Triathlon Training Plan - \$79.99

Intermediate 16 week Olympic distance triathlon training plan - \$69.95

Intermediate 10 week Olympic distance triathlon training plan - \$59.95

Beginner 16 week Olympic distance triathlon training plan - \$69.95

Beginner 10 week Olympic distance triathlon training plan - 49.95

Intermediate 10 week sprint triathlon training plan - \$59.95

Beginner 16 week sprint triathlon triathlon training plan - \$69.95

Beginner 10k run in 10 weeks training program - \$44.99

You can review and purchase any of our plans, [hosted on the TrainingPeaks platform here.](#)

## Our Sponsors

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Thanks to the following organizations, that provide service and support to One Step Beyond athletes.

- [Xterra Wetsuits](#)
- [Inside Out Sports](#)
- [FS Series](#)
- [Rudy Project](#)
- [Set Up Events](#)
- [Peak Form Massage](#)
- [Athletic Edge Sports Massage](#)
- [Drive Group, LLC](#)
- [Finis](#)
- [Frank Rexford - Guaranteed Rate](#)



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### **Frank Rexford, Senior Mortgage Banker**

Whether you are purchasing a new home, refinancing your mortgage, or simply considering a home improvement project, I have the experience to help you find a loan that is right for you. And I will take the time to provide clear explanations along the way, so that you will be confident as you make choices about the many financing options available.

My business is referral-based, with nearly 100% of my business coming from satisfied clients, trusted financial advisors and some of the most experienced realtors in the Triangle. I hope to earn your business by not only offering competitive rates and fees, but also by providing exceptional client service. Purchasing or refinancing a home can be stressful, and so my team and I will work hard to carefully guide you to a smooth closing.

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[www.frankrexford.com](http://www.frankrexford.com)

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### **Clean Jordan Lake**

Clean Jordan Lake is a grassroots nonprofit founded in 2009. Their stated mission is to restore Jordan Lake to a healthy and vibrant aquatic resource by removing trash from the shoreline and preventing its recurrence.

[www.cleanjordanlake.org](http://www.cleanjordanlake.org)

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VISIT OSB ONLINE

Sincerely,

**Marty, Bri, and Daniel**  
**One Step Beyond Coaches**



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